

## Opportunities:

- Learn how to implement the **BodyWorks** Toolkit into your program
- Learn how you can play a very important role to improve the health of families by providing basic knowledge on nutrition and healthy living
- Participants will receive a **BodyWorks** Toolkit
- Learn how to expand the program to include males
- Network with professionals interested in reducing obesity in Mississippi



## Community Partners

American Cancer Society  
American Heart Association  
Boys and Girls Club  
Children's Defense Fund  
Delta Sigma Theta Sorority, Inc.  
Dress For Success Metro Jackson  
Girl Scouts of America  
Jackson Medical Mall Foundation  
Junior Auxiliary  
Mississippi Department of Education  
Mississippi State Department of Health  
Mississippi Department of Human Services  
Mississippi Division of Medicaid  
Mississippi Valley State University  
St. Dominic Hospital  
Tougaloo College  
University Medical Center,  
Center of Excellence for Women

Trainings facilitated through:



MISSISSIPPI STATE DEPARTMENT OF HEALTH

Office of Women's Health

[www.HealthyMS.com](http://www.HealthyMS.com)

1-800-721-7222

601-576-7856

Fax: 601-576-7825

## BODYWORKS

A Toolkit for **Healthy Girls & Strong Women**



MISSISSIPPI STATE DEPARTMENT OF HEALTH

[www.HealthyMS.com](http://www.HealthyMS.com)

1-866-HLTHY4U

## About **BodyWorks**

**BodyWorks** is a program designed to help parents and caregivers of young adolescent children (ages 9 to 13) improve family eating and activity habits. Using the **BodyWorks** Toolkit, the program focuses on parents and caregivers as role models and provides them the hands-on tools to make small, specific behavior changes to prevent obesity and help maintain a healthy weight.

The **BodyWorks** program uses a train-the-trainer model to distribute the Toolkit through community-based organizations, state health agencies, non-profit organizations, health clinics, hospitals and health care systems. The program includes one six-hour training module for trainers. After the six hours, trainers will have the tools to go back into the community and teach ten 90-minute weekly sessions for parents and caregivers.

The Office of Women's Health, U.S. Department of Health and Human Services, developed **BodyWorks** following two years of formative research.

Each trained participant is expected to facilitate the **BodyWorks** program with at least one group of parents/caregivers, and train other trainers.

For more information, visit  
[www.womenshealth.gov/bodyworks](http://www.womenshealth.gov/bodyworks)

## Become a Trainer

**BodyWorks** trainers have varied backgrounds: health educators at state, community or health system level, community leaders, school nurses, Girl Scout leaders, work-site wellness program coordinators, and others. Individuals are trained in a one-day session (9 am – 3:30 pm) to implement the program and learn to train others to do the same. A very basic knowledge of nutrition and healthy living with a commitment to improving the health of families are the only requirements.

The program cycle averages two to four months, depending on community needs and resources.

### Registration is free and seating is limited

Registration will be accepted on a first-come-first-served basis. The deadline is one week prior to the specific training date. Registration confirmation will include training site location and details.

Register online at [www.HealthyMS.com](http://www.HealthyMS.com): click **events** and then **BodyWorks**.

### Select One

Friday, January 15, – Jackson, Mississippi  
Saturday, January 23, – Jackson, Mississippi  
Wednesday, February 10, – Jackson, Mississippi  
Thursday, March 11, – Jackson, Mississippi  
Friday, March 19, – Jackson, Mississippi  
Friday, April 16, – Jackson, Mississippi  
Thursday, May 13, – Jackson, Mississippi  
Friday, June 11, – Jackson, Mississippi

### Location

Mississippi State Department of Health  
Alton B. Cobb Auditorium, Osborne Building  
570 East Woodrow Wilson  
Jackson, Mississippi



## Registration Form

Name \_\_\_\_\_ Agency \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_  
State \_\_\_\_\_ E-mail \_\_\_\_\_  
Phone \_\_\_\_\_ Zip \_\_\_\_\_

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Mail to:

### **BodyWorks** Training

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E-mail: [louisa.denson@msdh.state.ms.us](mailto:louisa.denson@msdh.state.ms.us)